



MOVE! SPICE IT UP

Try These Low-Fat Flavorings
Added During Preparation or at the Table

Herbs - oregano, basil, cilantro, thyme, parsley, sage, or rosemary

Spices - cinnamon, nutmeg, pepper, or paprika

Reduced fat or fat free salad dressing

Mustard

Catsup

Fat free or reduced fat mayonnaise

Fat free or reduced fat sour cream

Fat free yogurt

Reduced sodium soy sauce

Salsa

Lemon or lime juice

Vinegar or balsamic vinegar

Horseradish

Fresh grated ginger

Garlic - minced, grated, powder or try roasting cloves first

Butter flavored sprinkles

Red pepper flakes or cayenne pepper

Low sodium spice blends

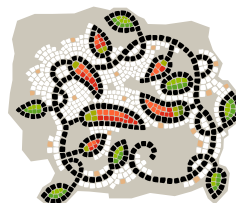
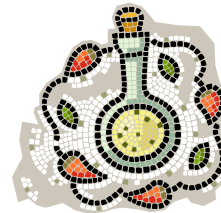
Jelly or jam instead of butter on toast and bagels

Fat free whipped topping

Chopped bell peppers, tomatoes, and onions

Fat free cheese as a topping at the table (do not cook with this)

Sprinkle of Parmesan cheese



Suggested Seasonings

Poultry.....	thyme, parsley, almonds, poultry seasoning, lemon, ginger
Fish.....	lemon, garlic, onion, parsley, paprika
Pork.....	sage, onions, coriander seed, clover, oregano, savory, ginger
Beef.....	pepper, bay leaf, allspice, mustard, garlic, onion, celery
Dried beans & peas .	garlic, onion, cayenne pepper, oregano, chili powder, chives